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HALIFAX metro®
Tuesday, July 6, 2010
www.metronews.ca

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IWK. Show time



▶Yvan Jules, a Halifax resident and member of the Canadian navy, performs his Charlie Chaplin routine yesterday afternoon for patients at the IWK Health Centre.

PHILIP CROUCHER/METRO HALIFAX

Tattoo puts on show for patients

The Royal Nova Scotia International Tattoo is taking place at the Halifax Metro Centre through Thursday. Several different Tattoo performers played for IWK patients yesterday in the hospital's gardens.

Splitting tab on Gulf spill?

BP passes part of cleanup bill on to partners in well {page 4}

Bob Probert passes away

Legendary NHL tough guy collapses on boat {page 16}

Discipline in death at local jail

Nine employees punished after inmate's suicide at Burnside prison ◐ Justice department mum on details ◐ Investigation unearthed 'performance issues'



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

Nine employees at the Central Nova Scotia Correctional Facility have been disciplined in relation to an April suicide at the Burnside jail.

A provincial justice department spokeswoman told Metro she could not specify the reason for the disciplinary action, or the specifics of the reprimands.

"That's confidential personnel matters," said spokeswoman Sherri Aikenhead.

On April 17, Daniel Alexander Nowogorski, 31, was found dead in his cell just one day after his arrest for robbery.

On April 19, justice officials said foul play was not suspected.

Nowogorski's mother told CBC the following day her son had hung himself.

The justice department, along with Halifax Regional Police, launched an investigation into the death. Police spokesman Const. Brian Palmeter said yesterday their investigation turned up "nothing suspicious."

According to Aikenhead, however, the justice department's internal investigation identified "a series of performance issues," which resulted in "some disciplinary action."

"Certain things, performance issues, were identified that occurred over time," said Aikenhead, adding the issues were "not completely" isolated to Nowogorski's suicide. She refused to go into more detail.

Aikenhead also said she was not at liberty to state whether anyone lost their job as a result of the department's investigation.

"You have to appreciate these are individuals' careers, and they're personnel matters and I can't discuss them beyond ... what the outcome of the investigation was. Individuals were disciplined."
SHERRI AIKENHEAD, SPOKESWOMAN FOR THE PROVINCIAL JUSTICE DEPARTMENT

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1 news

Proposal calls for hike in tolls

Regular tolls would go up 25 cents, 20 cents with a MACPASS

ALEX BOUTILIER
HALIFAX@METRONEWS.CA

Increased tolls are required to pay for a major refitting of the Macdonald Bridge, according to Halifax-Dartmouth Bridge Commission CEO Steve Snider.

HDBC filed an application to the Utility and Review board yesterday, asking for an increase on the tolls on both the Macdonald and the MacKay bridges.

If approved, cash commuters would see a 25 cent increase in fares, bringing the cost of crossing the harbour up to an even $1. MACPASS users will see a 20-cent increase to 80 cents per trip.

Commercial vehicles would see a per-axle increase.

Snider said the increased revenues would fund the replacement of the suspended span on the Macdonald Bridge — a project estimated to cost $137 million over the next four years.

"I don't like paying more for anything, and I can understand the public's concern about this," Snider said. "Hopefully, if people take the time to consider what it is we're applying for, and why we're applying for it, they will find favour with it."

If approved, the changes would come into effect early next year.

PHILIP CROUCHER/METRO HALIFAX



▶ Drivers approach the Macdonald Bridge toll booth from Dartmouth yesterday.

Subsidy debate



▶ **Subsidies** In March, Deputy Mayor Brad Johns suggested regional council consider increasing bridge tolls to subsidize Metro Transit, as well as combat the municipality's $30-million budget deficit.

▶ **Unrelated** According to Halifax-Dartmouth Bridge Commission CEO Steve Snider, the toll hikes proposed yesterday have nothing to do with the subsidy debate.

▶ **Discussions** "There have been some general discussions (with the city)," said Snider. "(But) no, the increase that we're applying for is to serve the needs of the Bridge Commission."

▶ **Peninsular charge?** Snider said he suggested the municipality charge a toll for driving onto the peninsula to subsidize public transit projects.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



CSIS stands by claim of foreign influence in provincial politics, and that Canadians should know about it. Watch video at metronews.ca/canada

Follow us on Twitter @metrohalifax

Scan code for local news

Search for new jail site down to three locations

The province says the search for a place to build a new jail has been narrowed to three potential sites.

Environmental assessments will now be conducted at the proposed locations in Addington Forks in Antigonish County, Debert in Colchester County and Thorburn in Pictou County.

Justice Minister Ross Landry says about 80 government-owned properties had been considered.

$5.5M The government says building a 100-cell facility, instead of two 50-cell jails, will save the province about $5.5 million.

"After an extensive search of about 80 provincially and municipally owned properties, these three sites have risen to the top," Landry says.

RYAN TAPLIN/METRO HALIFAX



▶ Ross Landry

News in brief

Man injured in accident

FIRE. A 22-year-old man was taken to hospital with serious injuries after an industrial accident on Almon Street in Halifax on Sunday night. Police say the injuries occurred from a fire. METRO HALIFAX

Police seek suspect

SACKVILLE. Halifax RCMP are looking for a man they say robbed the Ultramar on Cobequid Road in Lower Sackville late Saturday. Police say the suspect threatened the store employee with a night stick and left with cash. METRO HALIFAX

Feds to invest in N.L. ferry

TRANSPORT. The federal government says it will spend another $521 million over five years on the Marine Atlantic ferry service between Nova Scotia and Newfoundland. THE CANADIAN PRESS

Spryfield bike lanes debated

JENNIFER TAPLIN
@METRONEWS.CA

Herring Cove Road might go on a diet, and many Spryfield businesses don't like it.

Halifax regional council will decide tonight if they'll reduce it from four lanes to two plus a turning lane.

This "road diet" would make room for bicycle lanes.

"It makes people come out and give cycling a try," said Stephen Bedard, co-chair of the Halifax Cycling Coalition.

He added studies show bike traffic tends to increase by 10 to 30 per cent when a bike lane is installed.

But business owners think reducing lanes will congest traffic in an area where developments are going up.

"We're in favour of any kind of active transportation, we're just opposed to any reduction of the lanes," said Bruce Holland, executive director of the Spryfield and District Business Commission.

"It will congest the traffic which will deter from people wanting to shop in the main shopping district in Spryfield."

Bedard said slowing down traffic can be a good thing for businesses.

"It gives motorists a chance to slow down and look at what businesses are in the area.

"Nine times out of 10 in the studies we've found, businesses get a boost when the road diets go down like this."

"It will make the area look better instead of having that ocean of asphalt that's there right now. It will change the image of Spryfield."
STEPHEN BEDARD, CO-CHAIR OF THE HALIFAX CYCLING COALITION

Police reaching out with team spirit

Bouncy castle, horse kick off summer safety campaign aimed at Greystone children Cops encourage relationship with schools

JENNIFER TAPLIN
@METRONEWS.CA

A bouncy castle and a police horse helped kick off summer for Greystone kids yesterday.

Halifax Regional Police set up a number of stations on the grounds of Rockingstone Heights school in Spryfield designed to promote teamwork, community pride and sportsmanship.

"We're trying to have a safe, positive way for the kids to start the summer," said Const. D'Arcy Hueston, a community response officer who works in Greystone. He said it's important for the kids to have a good relationship with each other, as well as the school and police.

"We interact with these kids and their parents on a daily basis so it's nice to get to know them on another level," he said.

They had soccer, limbo, a three-legged race, an obstacle course and other activities but the bouncy castle was the big draw.

"I love that station too," Hueston said.

Eleven-year-old Kiara Sexton said she doesn't know what she's going to do this summer but yesterday's event was a big highlight.

"In Greystone there are 240 units and there are 340 kids that are under 18 here so it's a really nice way to start the summer."
CONST. D'ARCY HUESTON

JENNIFER TAPLIN/METRO HALIFAX



▶ Mackenzie Gabriel, 7, skips with Const. Trish Kennedy at the Second Annual Greystone Youth Day yesterday.

Man recalls boyhood sex abuse

A complainant testifying in the sex crimes trial of a former Nova Scotia businessman recalled yesterday as a boy he once suffered abuse while his mother made dinner in a nearby room.

It was one alleged incident among many described by the first complainant to testify in the trial of Ernest Fenwick MacIntosh, who is facing sex charges dating from 1970 to 1977.

26 The number of charges Ernest MacIntosh has pleaded not guilty to, in connection with the three complainants in this trial.

The witness estimated he was between 10 and 12 years old at the time of most of the alleged incidents.

THE CANADIAN PRESS

CAPE BRETON POST FILE PHOTO



▶ Ernest MacIntosh

News in brief

Six DUIs over weekend: Cops

DRIVING. RCMP nabbed six motorists who allegedly drove while impaired over the long weekend. From Thursday to Sunday, RCMP officers stopped several vehicles for speeding or because complaints were called in. The ages of the motorists range from 19 to 55.
METRO HALIFAX

Take care in summer: HRP

ALERTNESS. Summer means more distractions and Halifax Regional Police are warning motorists to be alert. Tourists, cyclists and pedestrians can be distracting and motorists need to pay attention and react.
METRO HALIFAX

Address native work, says new study

Barriers to aboriginal employment need to be addressed in order to replace Canada's aging workforce, according to a study released yesterday.

Assessing the Effectiveness of Labour Force Participation Strategies, a study funded by the Atlantic Aboriginal Economic Development Integrated Program, assessed the workforce participation of aboriginal people in the Atlantic region.
METRO HALIFAX

Study

Report calls for policy changes.

▶ **Findings** The study recommends several policy changes in order to improve aboriginal workforce participation — including expanding employment equity policies.

Teens rob two young boys

Two boys were robbed by a group of older teens, one of whom threatened them with a broken beer bottle.

It happened in the Kearney Lake area just after 4:30 p.m.

Two boys, aged 13 and 14, were approached by a group of three males and two females who were around 18 years old.

One of the male suspects threatened one of the victims with the beer bottle and told him to remove a piece of jewelry.

Soon after one of the male suspects returned. He threatened the two boys and threw a rock at them and missed.
JENNIFER TAPLIN

Police make arrest in vandal case

Police in Saint John, N.B., have made an arrest in a months-old case of vandalism that left a lot of people upset.

A 20-year-old man has been charged with mischief over $5,000 after more than 300 headstones were kicked over and damaged at St. Joseph's cemetery. The incident happened April 25.
THE CANADIAN PRESS

BP looking to share the cost of cleanup

As BP PLC's costs for the disastrous Gulf of Mexico oil spill climb to just over $3 billion US, the British oil giant is billing partners Anadarko Petroleum Corp. and Japan's Mitsui for their shares of the cleanup.

BP has billed Anadarko, a 25 per cent stakeholder in the blown-out well, for more than $250 million so far. It also has reportedly billed Mitsui, a 10 per cent partner, for $111 million.

"They are partners in the field, and as responsible partners we would expect them to bear some of the costs," BP spokeswoman Sheila Williams said.

Anadarko, based in The Woodlands, Tex., said in a statement that it is reviewing the $272.2-million bill sent last week and "assessing our contractual remedies." Calls to Mitsui & Co. for comment weren't immediately returned.

THE ASSOCIATED PRESS

A new hope?



A giant new oil skimming vessel is being tested in the Gulf. But lousy weather means it may be longer than first hoped before it's known when it can get to work full time.

What the heck is 2204355?

It's not surprising that Google's latest list of hot searches includes queries about Canada Day, some recent movies, and the dreaded HST being launched in Ontario and British Columbia.

But what is 2204355 and why are so many people searching for it?

It appears to be one of those unexplainable viral sensations that appear out of nowhere and propagate across the web for no good reason.

In the confounding video, a smiling young man is double fisting two chicken drumsticks in front of an animated rainbow-coloured background. He dances to a song that sounds like it would soundtrack an old Nintendo video game and occasionally takes bites of chicken. THE CANADIAN PRESS

Clues

Web sleuths have discovered the video of the dancing man appears to have been snipped from a bizarre Kentucky Fried Chicken commercial.

- **Who created it?** No one knows.
- **What's it supposed to mean?** That's also anyone's guess.

Watch the video at metronews.ca

Reunited and it feels so good

THE ASSOCIATED PRESS



Hugo Chavez

South America's 19th century independence hero Simon Bolivar was reunited yesterday with his controversial and audacious lover at a graveside ceremony.

A coffer containing the symbolic remains of Manuela Saenz, credited with helping Bolivar liberate several South American nations from Spain, was moved alongside Bolivar's tomb. The government of President Hugo Chavez is portraying her as one of the continent's great heroines. THE ASSOCIATED PRESS

ADRIAN WYLD/THE CANADIAN PRESS



CSIS head Richard Fadden waits to testify at the Commons public safety committee yesterday.

Top spy won't back down

Head of CSIS says he won't resign in the wake of controversy surrounding comments during TV interview Still won't give details about his claim that foreign governments are interfering with Canadian politicians

An unapologetic CSIS spy chief reiterated his assertion that there is foreign interference in provincial politics and there is nothing wrong with Canadians knowing about it, Dick Fadden said during an extraordinary appearance before a Commons committee yesterday.

Fadden told a rare July sitting of the public safety and national intelligence committee that foreign influence over a number of provincial politicians and public servants is a "concern and a threat."

The director of the Canadian Security Intelligence Service raised that concern during a CBC interview last month and did not deny China was among the countries interfering in Canadian politics.

Fadden's original interview — broadcast on the eve of a visit by Chinese President Hu Jintao — enraged many who said they cast aspersions on all elected officials with ties abroad. A spokesman for the prime minister said at the time of the interview that the CSIS director was speaking on his own without pre-clearance from the government.

"I stand by my general message on foreign interference," the spymaster told the committee.

"It is a concern and a threat, it is more common here and elsewhere than many think, and it is desirable that this threat should be known and discussed."

"We are dealing here with a spectrum of behaviour by foreign entities that often start out innocently but later veer toward something that actually harms Canadian interests."
RICHARD FADDEN

But Fadden said the concerns he raised do not "constitute threats to the security of Canada" — no lives are at stake and no national secrets are believed to have been compromised — so he did not apprise Public Safety Minister Vic Toews nor the Privy Council Office.

The issue has been simmering for some time, he added, and Toews "is generally aware of foreign interference in Canada," as is the PCO.

Fadden told CBC television in June he was in the process of warning at least two provinces, through the PCO, that members of their cabinets have come under foreign influence.

He also said CSIS had suspicions about a number of municipal politicians in British Columbia.

THE CANADIAN PRESS

NDP MP goes after Fadden

Fadden faced scathing criticism from New Democrat MP Don Davies, the committee's co-chair.

"Sir, I would put to you that you have created great consternation and anxiety, unwarranted suspicion and an unfounded stain on every municipal elected official in British Columbia — indeed, every provincial cabinet minister in the country," said Davies.

THE CANADIAN PRESS

New to Canada?

If you are a new immigrant to Canada then it's very likely that you, as Monica Pop, have a list of top things to do once you land into this country: settle down, look for a place to live, find a school for the kids, get your official government documents, find available resources for immigrants, and establish your finances.

For Monica, making the transition from Rumania to Canada has been an exciting adventure, but also a daunting process. "Deciding to immigrate to Canada wasn't easy. There was so much to do, prepare, and learn. Plus, once my husband, our kids and I got here, there was even more to cover!"

"We had our to-do list and checked each task off as we completed them. We got our official government documents and health cards, figured out transportation, budgeted for our immediate costs. We also knew it was important for us to begin a credit history. There's when Scotiabank and Maria came into our lives", said Monica.

"My uncle had heard that Scotiabank offered a very good program for newcomers and we decided to try it; he was so right! We got so much from that first visit," said Monica.

The *Scotiabank StartRight®* Program was ideal for Monica and her family, said Maria Pereira-Logli, a Personal Banking Officer. "In Scotiabank we know that one of the first things newcomers need to do is to open a Canadian bank account for their day-to-day banking, but also plan for their future.

"With the *Scotiabank StartRight®* Program Monica found everything she needed in one convenient place – a bank account with free transactions for one year, a *No-Fee Scotia Moneyback* VISA*, the ability to use Western Union Money Transfer™ services at any of our branches, and much more," said Maria.

"After just landing in Canada, saving for the future can feel out of reach, but Maria helped us have a plan to save for our children's education, and got advantage from the Mortgage Program specially designed for newcomers to own our house. Maria just figured out a way to make everything work for us. This was a personalized approach that I never had before. "*Scotiabank StartRight®* Program lived up to our expectations and beyond," said Monica.

By the way, Monica just accomplished one more milestone from her list of things to do: She got her first job in Canada!

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Monica Pop and family. Toronto, ON

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ENERGY

$2B for U.S. solar plants

The U.S. government is handing out nearly $2 billion for new solar plants that U.S. President Barack Obama says will create thousands of jobs and increase the use of renewable energy sources.

Obama announced the initiative in his weekly radio and online address Saturday, saying the money is part of his plan to bring new industries to the U.S.

The two companies that will receive the money from the president's $862-billion economic stimulus are Abengoa Solar, which will build one of the world's largest solar plants in Arizona, creating 1,600 construction jobs; and Abound Solar Manufacturing, which is building plants in Colorado and Indiana.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 103.56 (11,092.50)	– 0.23¢ (93.90¢ US)
Oil	**Natural gas 1,000 cu ft**
N.Y. market closed	$4.729 (+ 4.2¢)
	Gold contracts
	N.Y. market closed

Toyota sales still stalled

Toyota Canada suffered an almost 14 per cent decline in year-over-year monthly sales in June, a big disappointment considering the soaring sales of some of its major competitors.

Toyota reported overall June sales of 16,036 Toyota and Lexus cars, trucks and SUVs, down 13.8 per cent from June 2009.

Ford Canada reported 31,707 sales for the month, a 16 per cent increase over last June.

THE CANADIAN PRESS

Canadians ready to buy new homes

But many people are not putting enough down It may be worth saving up longer before you buy your dream house

A majority of Canadians who just bought or are about to buy their first home expect to pay less than the asking price and prefer newer and detached homes over older and semi-detached homes or condos, according to a TD Bank survey.

But the report questioned whether the homebuyers had unreasonable expectations, considering that nine out of 10 took out or expect to take out a mortgage for their home.

"It's only natural to want your first home to be the home of your dreams, but it is important to be realistic about what you can afford," said Farhaneh Haque, a mortgage specialist at TD Canada Trust.

Six in 10 first-time homebuyers said they were worried about being able to afford their home should interest rates rise — a scenario economists say is inevitable after an era of historically low rates sparked a rush into the housing market.

Only 30 per cent said they plan to or already have more than a 20 per cent down payment, and the remaining 70 per cent will require mortgage insurance. Eight of 10 buyers reported putting down as much as they can afford.

But Haque advised that prospective first-time homeowners consider a larger down payment because paying 10 per cent or more will make a big difference, bringing down the time it will take to pay off a mortgage and possibly affecting regular payment amounts.

"It may mean that you need to save longer before buying your first home, but it will pay off in the end." THE CANADIAN PRESS

Royal tour. RIM



▶ Queen Elizabeth is shown a new BlackBerry by electronics assembler Elvira Dulic.

THE CANADIAN PRESS/FRANK GUNN

Her Majesty receives a royal BlackBerry

A picture of Canadian schoolchildren offering up a virtual bouquet greeted the Queen yesterday on her new top-of-the-line BlackBerry. She was presented with the device when she toured Research in Motion in Waterloo, Ont. It's rumoured the 84-year-old Queen is no stranger to such gadgets, but Palace officials wouldn't confirm whether a royal BlackBerry already exists.

Nickel prices likely to remain stable

A tentative contract agreement between nickel miner Vale and its striking workers in Sudbury, Ont., is expected to have only a minor impact on the price of nickel.

Analysts had predicted the resolution of the yearlong strike could send the metal into a tailspin.

But now that an agreement is near, they say other factors will offset any major drop in the price of nickel that would result from the ramp-up of Vale's Sudbury operations.

The price of nickel fell 1.8 per cent to $8.52 US a pound yesterday on the London Metal Exchange.

THE CANADIAN PRESS

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10	Sat	NSCC Jam	Marty Franklin Quartet $10	André Leroux Quartet $15
11	Sun	Full House	Goodspeed Pupo & Special guests $10	Rob Crowell's Eddie Harris Tribute $10
12	Mon	x	Bill Stevenson & Friends $10	Mike Murley Quartet $15
13	Tues	x	Griffth Hiltz $10	Sandro Dominelli Trio $10
14	Weds	x	John Chiasson Quartet $10	Tom Easley's Mingus Project $10
15	Thurs	x	Daniel Matto Quintet $10	Thom Swift & The El Caminos $10
16	Fri	x	Chris Mitchell's $10 Young Artists Showcase	Dave Staples Septet $10
17	Sat	Yo! Jazz	Krisanne Crowell & Solarocity $10	Jake Langley Trio w Chris Mitchell $10

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EXES AND OH-NOS IN THE DIGITAL AGE

She says ...

JESSICA NAPIER



Back in the old days (I'm talking pre-Facebook here), I assume it was easier to break up with someone.

Just a quick conversation — thanks, this has been great, it's not you, it's me, etc. — and that would be it. No hassle, no strings and, other than an occasional run-in, you might never have to see or think about that person again.

If only it were that simple.

Now, every broken relationship leaves a not-so-easy-to-erase digital trail. While you might have said your goodbyes in person you're still left with a series of invisible techno-connections.

The trouble is, there's no protocol for dealing with a breakup in the online world. Do I delete them from MSN and un-follow them on Twitter, but remain Facebook friends? How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first.

At one point, my ex and my current boyfriend happened to fall alphabetically next to each other on my BlackBerry contact list. Attempted multi-tasking and unco-ordinated fingers meant I occasionally sent private proclamations of love to the wrong person.

Yikes.

Anyways, while these absent-minded accidents made for hilarious dinner anecdotes the next day they were always very awkward to recover from at the time. These slip-ups (and an unfortunate incident involving my BlackBerry and the sidewalk) eventually led me to purchase a new phone and delete that particular ex from my mobile world for good.

So, what took me so long? Hitting the delete button on the digital relationship is a lot harder than it seems. Secretly, I think we (or is it just me?) need these digital ties to keep tabs on all of those past romances gone wrong. Online connections satisfy our post breakup curiosities about how the other person is doing and (OK, let's be honest) who they're dating.

It's not so much a problem with letting go — I just want to be able to check up on them every now again.

"How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first."

Cartoon



Rebels without a cause

Letters & Tweets

EDMONTON. Peter McCartney (Is this what democracy looks like?, June 28) is absolutely right in questioning whether the violent G20 events in Toronto were truly the face of democracy.

Everyone has freedom of expression, but that freedom does not imply the freedom to cause harm. Furthermore, violence detracts attention from legitimate demands of peaceful protesters and, in the end, the public will only see a bunch of rowdy rebels without a cause.

STRATYOS KEE

We asked: Should Canada cut ties with the monarchy

TORONTO. Some might argue the monarchy has no relevance to Canada today and her successor would be an embarrassment to the country. The monarchy is an institution, not an individual. Canadians have had their share of embarrassing politicians, and we've all survived — so will the institution of a constitutional monarchy.

For those who would like to cut ties with the monarchy, maybe this question should be asked: "Should Canada form a political and economic union with the United States and Mexico and have an integrated North American currency called the 'Amero.'"

PHILIP CHEONG

The wrong message

LUCAS OLENIUK/TORSTAR NEWS SERVICE



Should MPs be allowed to moonlight?

Email
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Metro has the right to edit letters and submissions.

Noteworthy

Interpol turns to social networking

International police agency Interpol launched an unusual appeal yesterday to the global public to report sightings of 26 leading fugitives — whether on the street or on Facebook.

Interpol has been leading an international operation since May aimed at tracking down 450 particularly dangerous fugitives, and has arrested 39 people as a result, including former Colombian model Angie Sanclemente Valencia, wanted by Argentina for drug trafficking.

THE ASSOCIATED PRESS

Metro Minute at the annual Tattoo

If you plan on going to see this year's edition of the Royal Nova Scotia International Tattoo, time is running out.

This annual event and popular summertime tradition is back with militaries from around the world participating — including those from Canada and across North America.

But the curtain will fall on this year's event at the Halifax Metro Centre after Thursday night, marking the end of an eight-day stint in the city. There are shows tonight, tomorrow and Thursday starting at 7:30 p.m.

Adult tickets run from $32.50 to $65. Visit ticketatlantic.com for complete information.

METRO HALIFAX

CONTRIBUTED



▶ A scene from the Royal Nova Scotia International Tattoo.

metro

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2 scene

Winners of world's largest video contest

From submissions in three categories (My Friends, My City, My Fun) from Metro readers in 15 countries, our winners emerge Judged by a star-studded jury, including acclaimed Lady Gaga music video director Jonas Akerlund and our very own Hollywood correspondent Ned Ehrbar Their prize: a trip for two to any of 100 cities where Metro is published

metro VIDEO CHALLENGE
WATCH THE VIDEOS AT METRONEWS.CA/SCENE

News in brief

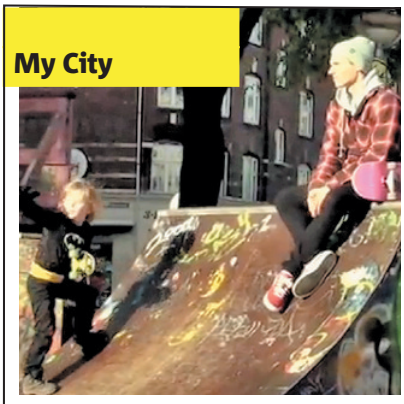


1 Former Miss California Carrie Prejean is now Mrs. Kyle Boller, after marrying the Oakland Raiders quarterback at a San Diego resort.
THE ASSOCIATED PRESS

2 The Twilight Saga: Eclipse has has lifted its box-office total to $175.3 million after just six days.
THE ASSOCIATED PRESS

3 Canada's Martin Short will be adding his voice to an animated version of Cat in the Hat.
THE CANADIAN PRESS

My City







SILAS ADDINGTON & ANDERS DEVANTIER, DENMARK

"MY JUNGLE"



What inspired you to make this movie?
My friend Anders came up with the jungle idea that actually just is a twist of the story The Jungle Book from Disney. Something we first found out after we made the film.
Anders is playing the "mysterious skater" in the movie and it is my voice speaking.

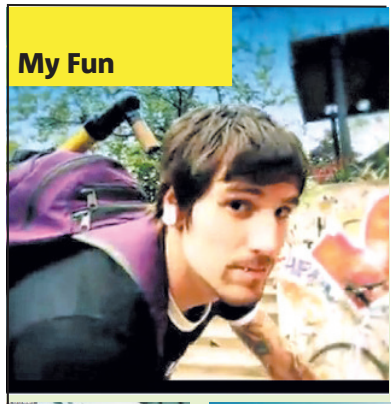
What was your favourite location to film?
When we got access to the SAS-hotel in the middle of Cophagen, and came up on the very top of the building just in time to film the fantastic sunset, that we actually use both in the start of the film and in the end.

Who is your filmmaking idol?
Well, we are both big big fans of Quentin Tarantino.

What's your favourite film?
Such a difficult question but the film Life is Beautiful by Roberto Benigni is a favourite and of course, the first Ace Ventura movie!

SILASADDINGTON.MVCHALLENGE.COM/DK/VIDEO/1204

My Fun







ANDRÁS MAKOVINYI, HUNGARY

"BMX STREET"

What inspired you to make this movie?
Mark Veres, the BMX rider, protagonist in the movie. This movie is in fact the trailer for a longer film about Mark and the BMX. He is unbelievably talented.



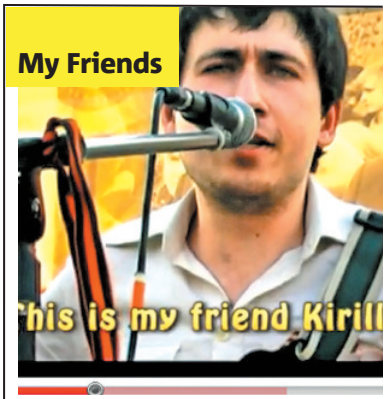
What was your favourite location to film?
Perhaps the last shot, the wallride that we recorded in 100p. That trick is really daring, that day we had five punctures, three falls and the pedal broke as well.

What's your favourite film?
The Godfather Trilogy. Classic. No matter how many times I watch it, I can always learn something new from it. But I love everything with Pacino or DeNiro.

Where do you want to go on your winning trip?
"New York City. That's in New York, son. New York State": Frank Slade - Scent of a Woman, to stick with movies. But I am not sure yet, it's so sudden!

WMGOTTI.MVCHALLENGE.COM/HU/VIDEO/629

My Friends







STANISLAV ILYIN, RUSSIA

"ME & MY FRIENDS"



What inspired you to make this movie?
(My friends and I) have already done TV-style funny videos before. However, it didn't bring us true popularity – only among our friends at social networks. Whenever I found the Video Challenge ad in Metro newspaper, I figured out that we could do something really cool. We got the right idea the same evening.

What was your favourite location to film?
The most difficult scene in this video was the hospital scene, though it was the toughest one, too. It was a challenge to find an unused pantry and equip it as a hospital ward. But the result was really worth it!

Who is your filmmaking idol?
I get inspiration from directors like Michael Mann and Tony & Ridley Scott. Michael Mann picks out truly impressive soundtracks for his movies.

SERIOUSSERVER.MVCHALLENGE.COM/RU/VIDEO/721

DVD Releases this week Buy it ⊕⊕⊕⊕⊕ | Rent it ⊕⊕⊕⊕ | Borrow it ⊕⊕⊕ | Yawn ⊕⊕ | Don't bother ⊕

Dragon tat better in ink

The Girl With the Dragon Tattoo
Genre: Action **Director:** Niels Arden Oplev
Stars: ⊕⊕⊕



The room is locked and the pot is boiling in this first screen adaptation from the best-selling Millennium Trilogy, cyberpunk novels by Stieg Larsson that were published posthumously after the Stockholm journalist/author's death in 2004.

It's the ongoing saga of Lisbeth Salander (Noomi Rapace), the pierced and punk computer hacker who allies with disgraced journalist Mikael Blomkvist (Michael Nyqvist) for adventures of intrigue, danger and even a little romance.

The film eschews the usual getting-to-know-you formalities as it sets up a "locked room" scenario that could be straight from an Agatha Christie or Ellery Queen novel. The "room" is actually a remote Swedish island, the feudal preserve of the squabbling family of Henrik Vanger, an elderly industrialist. Now a dark and forbidding place, especially in the story's wintry depths, the island used to ring with the sound of happy children.

One of them was 16-year-old Harriet, beloved niece of Vanger, who disappeared in the summer of 1966 after a road tragedy removed the island from mainland contact — and watchful eyes — for most of a day.

Presumed dead, Harriet has long been consigned to the police "cold cases" file. Vanger browbeats ace investigative journalist Blomkvist into reopening the case, which also draws in Salander. She's one messed-up gal, but she's also a genius researcher and hacker, helpful for a hunt that involves a lot of snooping through old files and photographs.

PETER HOWELL.



A Single Man
Genre: Thriller **Director:** Tom Ford
Stars: ⊕⊕⊕

As beautiful to watch as it is to heartbreaking to contemplate, fashion designer Tom Ford's directorial debut is a remarkable work of clarity.

Set in Los Angeles shortly after the Cuban Missile Crisis of October 1962, the film stars an assured Colin Firth as George Falconer, a gay man whose life goes off the rails following the car accident death of his longtime partner Jim (Matthew Goode).

George is normally the very picture of control. But he's unable to cope with his loss, and suicide seems a very real option to him.

PETER HOWELL

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Lohan not worried about jail decision

Love is in the air for LiLo, sources say

Depending on how things go today, Lindsay Lohan might be spending tonight in jail. Judge Marsha Revel — who was not terribly amused when Lindsay missed a court appearance for the Cannes Film Festival — will decide if she should be locked up for violating her probation.

But Lindsay doesn't seem to be worried, according to TMZ.com: "[Her lawyer] will just fix this like everything else. It's no big deal to her, even though she totally believes Judge Revel hates her guts," a source tells the site.

On a different note, Lohan seems to have found new woman in her life, sources tell TMZ. Things have reportedly been heating up between Lohan and Israeli brunette Eilat Anschel, who the actress first turned to as a "shoulder to cry on." But Lohan's pals are worried she's falling for Anschel too hard and too fast.

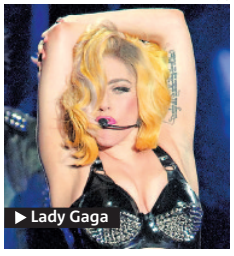
METRO WORLD NEWS

GETTY IMAGES



▶ Lindsay Lohan is hoping her lawyer will keep her from going to prison, TMZ.com reports.

GETTY IMAGES



▶ Lady Gaga

He wanted her to stay home, she wanted to sing Poker Face

Lady Gaga admits that the success she's achieved has meant giving up on having a love life.

"My greatest sacrifice is love," she tells Live magazine. "I've only ever been in love once, and I had to walk away because I had to put my career first.

"He wanted me to stay at home and be with him; I wanted to be out there trying to make it on stage. It was a huge lesson for me, but it's also a source of sadness.

METRO WORLD NEWS

Talking points

Brit dreading sex education

KID CURVEBALL Britney Spears loves being a mom, but there's at least one thing she's not looking forward to. "I'm dreading the moment when my sons ask me how babies are made," she tells Cosmopolitan magazine. The former child star also tells the magazine that she isn't keen on sons Sean Preston, 4, and Jayden James, 3, going into the entertainment business.

METRO WORLD NEWS

Jess can't get enough of NFL

QB LOVE Jessica Simpson had reportedly turned to the NFL to find love once again. The singer, who previously dated Dallas Cowboys quarterback Tony Romo, is now dating former football player Eric Johnson, according to TMZ. Johnson played for the San Francisco 49ers and the New Orleans Saints. The pair are "very happy," a source says.

METRO WORLD NEWS



Jessica Simpson

Lautner OK with dating fan

YOU CAN HAVE HIM TOO Taylor Lautner says the idea of dating on his many Twilight fans wouldn't be out of the question. "Would I date a fan? Well I don't exclude anyone, so sure, why not?" Lautner says, according to Hollyscoop. "I don't have a type physically, but loyalty and honesty are important."

THE ASSOCIATED PRESS

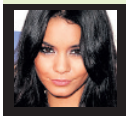
Celebrity tweets



Paris Hilton [@ParisHilton] it was absolutely ridiculous what I was put through for nothing. But I'm used to being scape goat



Kevin Jonas [@kevinjones] I just watched a guy eat 54 hot dogs I'm full after two how does that even happen. I am truly impressed



Vanessa Hudgens [@nessaahudgenss] Selecting from a shelf, renting and walking home with a movie in hand is such a fulfilling experience



Conan O'Brien [@ConanOBrien] Twilight Eclipse has been smashing box office records since it opened. For the record, I was sickly pale before it was cool.

METRO WORLD NEWS

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With football (a.k.a. soccer) fever at its highest with the World Cup semi-finals going today and tomorrow, Metro speaks to some of the world's top players' other (better?) halves about health, beauty and beating pre-match nerves.



ROMINA McGUINNESS METRO WORLD NEWS

The Wonderful WAGs

3 life

GETTY IMAGES



SYLVIE VAN DER VAART

Wife of Rafael Van der Vaart (Holland)



On health ... I was diagnosed with breast cancer when my son was three years old, an experience that drastically changed my views on life. I now live my life more fully and deeply and I'm appreciative of every single little thing. I get very nervous for my husband before a match and during, I'll make anxious circles around the couch.

On health, food and exercise ... My husband's conscientious approach to exercise encourages me to do the same. I'm very lucky to be fit and energetic once again. On my lazy days, I like to read and listen to music on my iPod. I have a very healthy diet, although I like to eat what I want. My ultimate guilty pleasure is chocolate. Besides that I work hard to stay in shape. I don't smoke, but I do enjoy the odd glass of wine.

On beauty ... A little bit of concealer and lip-gloss always does the trick. I always wash my face before going to bed and from there I only need around seven hours of sleep. I'm happy with the person that I am and thankful I don't need any interventions such as Botox or plastic surgery. I don't like judging people and I believe everyone should make their own decisions so long as they remain respectful and it makes them happy.

CCIMG



MENAYE DONKOR

Girlfriend of Sulley Muntari (Ghana)



On her lifestyle ... Sulley and I make conscious decisions with what we put in our bodies. I can't resist a good bottle of red wine and living in Italy doesn't make it any easier.

On health, food and exercise ... I consider myself a healthy person. I eat a well-balanced diet and get most of my vitamins from fresh fruit and vegetables. I exercise regularly, Sulley and I don't work out together but we are both very active. I'm a cardioholic, before an important shoot I have sessions with my personal trainer who knows exactly how to whip me into shape. Drinking and smoking are choices people make. Everything needs to be done in moderation.

On beauty ... I have very sensitive skin, so I choose my moisturiser carefully. I always carry great concealer, eyeliner and mascara. No woman is 100 per cent happy with her body, but I try to embrace my flaws and focus on my good features. In terms of Botox and plastic surgery my motto is, 'If you don't like it fix it'. It's important to still have inner confidence otherwise you will be fixed on the outside but broken on the inside.

JEFFREY CLARK GROSSMAN



IRINA SHAYK

Linked to Cristiano Ronaldo (Portugal)



On her lifestyle ... I'm very healthy and refrain myself from smoking and drinking. I like a glass of red wine every now and then but I was raised in a family where no one drinks or smokes. I love taking in the sunshine and hanging out with my friends in New York — we make sure we wear plenty of sunscreen.

On health, food and exercise ... I workout five times a week. I love Pilates but I also go boxing or jogging. I drink two litres of water every day to keep hydrated and green tea but never coffee. My guilty pleasure is ice cream, I just love it.

On beauty ... I never wear foundation and hardly wear any make up. My face is pretty much always clean. Once a month I'll have a facial or go in a steam room to rid my skin of toxins. I work hard on my body ... It's never perfect but I think all women feel that way. We are our worst critics so I push myself everyday to go to the gym and eat right. I try and get eight hours of sleep every night. In terms of my views on plastic surgery and Botox — well it all depends on the reason for it. If a person is the victim of an accident and surgery can make them feel better, I'm all for it.

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Staying fit can train your brain

Study finds link between fitness in women and brain health ◗ Exercising as a teen can decrease likelihood of cognitive impairment in old age ◗ One-in-four Canadians over the age of 65 affected by a form of dementia

CELIA MILNE
WELLNESS@METRONEWS.CA

It's a brain-a-thon. Being active throughout your life might help you think straight as you age.

In a Toronto study, 9,344 older women from the United States described their physical activity levels at four stages of their life: In the teen years, at age 30, at age 50 and after age 65.

These results were compared to their mental functioning at the time of the study; and the result indicated that exercise does seem to affect brain health.

"Women who were more active or who were active at each age had lower rates of cognitive impairment than those who were inactive," said Dr. Laura Middleton from Sunnybrook Health Sciences Centre.

And, in particular, exercise in the teen years pays off, Middleton added.

"The most interesting finding was that it was indeed teenage physical activity status that was most strongly related to likelihood of cognitive impairment at old age."

If you are young, dementia may seem a remote possibility, but it's quite common. Alzheimer's disease and other forms dementia affect one in four Canadians over the age of 65. If you are older and didn't exercise as a teen, don't despair taking up physical activity at any age appears to be helpful against cognitive impairment.

30
With our aging population, the number of cases of cognitive impairment is expected to double in Canada over the next 30 years, the Canadian Institutes of Health Research reported.

Shaping up

Here are some summer shape-up tips from Participaction.

1 Get strong. Do 8-12 reps of 8-10 strength exercises three times a week.

2 Work hard and rest. Repeat. High intensity intervals of rowing, cycling and running vault your fitness to a higher level and burn tons of fat.

3 Buddy up. Exercising with your peeps gives you instant naggers and cheerleaders.

CELIA MILNE



▶ Running can keep your body fit but a new study says exercise also boosts brain health.

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Tips for travellers with diabetes

CELIA MILNE
WELLNESS@METRONEWS.CA

Time to get away — as far as possible from the hum drum? Here are some tips on travelling with diabetes from Dr. Andrew Farqhar, a family physician in Kelowna, B.C.

1 Before travelling, book an appointment with your health care provider to discuss your itinerary, so you can plan meals and taking medication.

2 Pack two or three times more medication than you think you will need. Pack diabetes supplies in more than one bag in case some of it gets lost.

3 Always carry snacks with you, in case you're unable to eat your next scheduled meal on time. Cheese and crackers, fresh or dried fruit, granola bars and sandwiches are all healthy choices that are easy to bring along in a carry-on bag, picnic basket or cooler, says Farqhar.

4 Try the new OneTouch test strips which test each blood sample twice to confirm results.

5 Take with you moist towelettes to wipe your fingers prior to testing, a daily record of injections, medications and test results, the instruction manual for your meter as well as extra batteries and test strips.

6 Always ensure someone knows where you are so you can be found in case of an emergency.

45
Percentage of Canadians with diabetes who find it difficult to remember to monitor their blood sugar levels on a regular basis while travelling.

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Liquid assets

Market value

I'm a sucker for a sexy label. In fact when faced with a wall of wine at a strange liquor store (and I've been in lots of them) I like to pretend I don't know one grape from another and simply let my eyes be my guide.

One thing I've learned playing this game is that all too often cool names and pretty pictures are wrapped around bottles filled with plain old average juice. That said, there are some winemakers that are able to balance their look with their liquid personality in a way that jumps off the shelf and out of your glass.

A great example is the 2009 SeaGlass Sauvignon Blanc ($14.05 - $15.25) from California's Trinchero Family Estates. Using photorealistic images of colourful sea worn glass on a clean, sun bleached background the label speaks volumes to the wines refreshing tropical flavours and affinity for casual dining (especially shellfish).





PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Stout and Onion Turkey Burger

- **Add veggies to keep burgers flavourful, moist, and to give it an extra health boost**
- **Lean, ground turkey offers a lower-fat alternative without compromising on taste**

Lean ground turkey can make a great burger. But as with any meat, less fat means less flavour, so you'll want a strategy for compensating these losses. Think meat loaf.

By mixing in chopped vegetables — such as onions, mushrooms and celery — fresh or dried herbs and a wet component, say ketchup or mustard, you will not only boost the flavour, but also add back much-needed moisture.

Consider adding breadcrumbs or quick-cooking oats, too. They not only stretch the meat (which cuts the total fat per serving), but also help retain moisture.

This robustly flavoured stout and onion turkey burger uses caramelized sweet onions and a reduction of intense, dark beer combined with zesty mustard and dried thyme to enhance ground turkey. Use this same flavour base to make excellent meat loaf or meatballs.

If you like, you can top the burger with some tangy, extra-sharp cheddar cheese, which makes a perfect foil for the assertiveness of the stout. By using extra-sharp cheddar you can get away with using a full-fat cheese because just a little adds a lot of flavour.

Serve these burgers with a side of sweet potato fries and a few crunchy pickle spears.

Ingredients :

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) chopped vidalia onion
- 250 ml (1 cup) Guinness or other stout
- 30 ml (2 tbsp) Dijon mustard
- 10 ml (2 tsp) chopped fresh thyme or 2 ml (1/2 tsp) dried
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 500 g (1 lb) lean ground turkey
- 250 ml (1 cup) panko (Japanese-style) breadcrumbs
- 75 ml (1/3 cup) shredded sharp cheddar cheese (optional)
- 4 whole wheat hamburger buns or other small wheat bread

ASSOCIATED PRESS



4 portions
Start to finish: 1 hour (35 minutes active)

▶ Use a whole wheat bun to compliment the stout in your turkey burgers

Preparation:

1. In a medium saucepan over medium, heat oil. Add onion and saute until softened and slightly golden, 7 to 10 minutes. Add stout and increase heat to high. Boil mixture until reduced by two-thirds and making syrupy bubbles, about 20 minutes. Transfer mixture to a medium bowl to cool for approximately 20 minutes.
2. Heat a gas grill to medium-high or prepare a charcoal fire.
3. Add mustard, thyme, salt and pepper to onion mixture. Add ground turkey and breadcrumbs. Gently but thoroughly combine. Shape into 4 patties, about 2 cm (3/4 inch) thick.
4. To oil grill grates, wet a folded paper towel with oil, hold it with tongs and rub it over grates.
5. Grill burgers until well browned on the underside, 4 to 5 minutes. With a spatula, turn burgers carefully. Grill 4 to 6 minutes more, or until burger registers 74 C (165 F) at the centre. Top with cheese, if using, during last minute of grilling. Meanwhile, toast buns at the edge of the grill. Serve on toasted buns.

THE ASSOCIATED PRESS

Potter fans: Get a swig of this frosty butterbeer



JOHN RAOUX/AP PHOTO

▶ A butterbeer moustache is the new milk moustache

- **'No bigger product launch smash'**

Got butterbeer?

Harry Potter fans are all abuzz about butterbeer, and they have the foamy moustaches to prove it.

The cold and creamy frothy drink is the most popular food item at the new Wizarding World of Harry Potter at Universal Orlando, according to Universal spokesman Tom Schroder, with visitors lining up to try it.

"Then they would walk around and have this moustache on," said Sabrina Sampson, 11, of Richmond, Va., who described the drink as tasting "like cream soda. It was somewhat thick, and it was really sweet, and then it got salty as you swallowed it, like butterscotch."

Schroder said that about half the visitors to The Wizarding World sample butterbeer.

"There may be no bigger product launch smash this year than butterbeer," WalletPop.com said.

Immediately after The Wizarding World's June 18 opening, butterbeer became one of the most searched-for terms on the Internet.

THE ASSOCIATED PRESS

RECIPE EXTRA

Conjure up your own butterbeer

Ingredients :

- 250 ml (1 cup) light or dark brown sugar
- 30 ml (2 tbsp) water
- 90 ml (6 tbsp) butter
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) cider vinegar
- 175 ml (3/4 cup) heavy cream, divided
- 2 ml (1/2 tsp) rum extract
- Four 340-ml (12-oz) bottles cream soda

Go to metronews.ca for directions on how to mix your own butterbeer at home. Serves up to 4.

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LAWS OF ATTRACTION AND COUPLING UP



Do you guys believe in becoming "one" as a couple or keeping independence?

Kate says...
Both, it just depends on which way you're facing. When you are facing outwards, as in presenting yourselves to the outside world, you must be a team.

For example, when faced with curious in-laws, he must support you in your plan to avoid feeding your baby wheat, eggs, nuts, shellfish and tahini, and be outraged when his mother tries feeding her Kraft Dinner, even if he thinks you are a little bit crazy when it comes to infant nutrition.

In turn, you must act like his recent purchase of a $4,000 plasma TV is perfectly normal, even when your financial adviser wonders whether an RESP for the baby would have been a wiser choice. When you are facing inwards toward each other, you must fight hard to maintain your independence. Stand up for what you believe! There is no worse turnoff than the words "Yes, dear." They mean you just don't care enough.

Bret says...
Okay. So, if saying "Yes, dear" is a turnoff, it follows that saying, "No, dear" is hotter than magma. From now on, I am totally giving up on being nice. Disagreeable but frequently laid! Woo!

Do opposites really attract?

Bret says...
That really depends on what you mean by "opposites." If you mean you're in love with an uptown girl, and now she's looking for a downtown man, and that's what you am, then by all means go for it. It is a classic combination: uptown girl + downtown man. Remember Julie Andrews — hot, hot, hot as the refined, elegant, practically perfect Mary Poppins.

Remember how radiant she looked on the arm of grubby Bert the chimney sweep? Kick your knees up, step in time! "It's a jolly 'oliday with Mary. It's a jolly holiday with you, Bert." Aw.

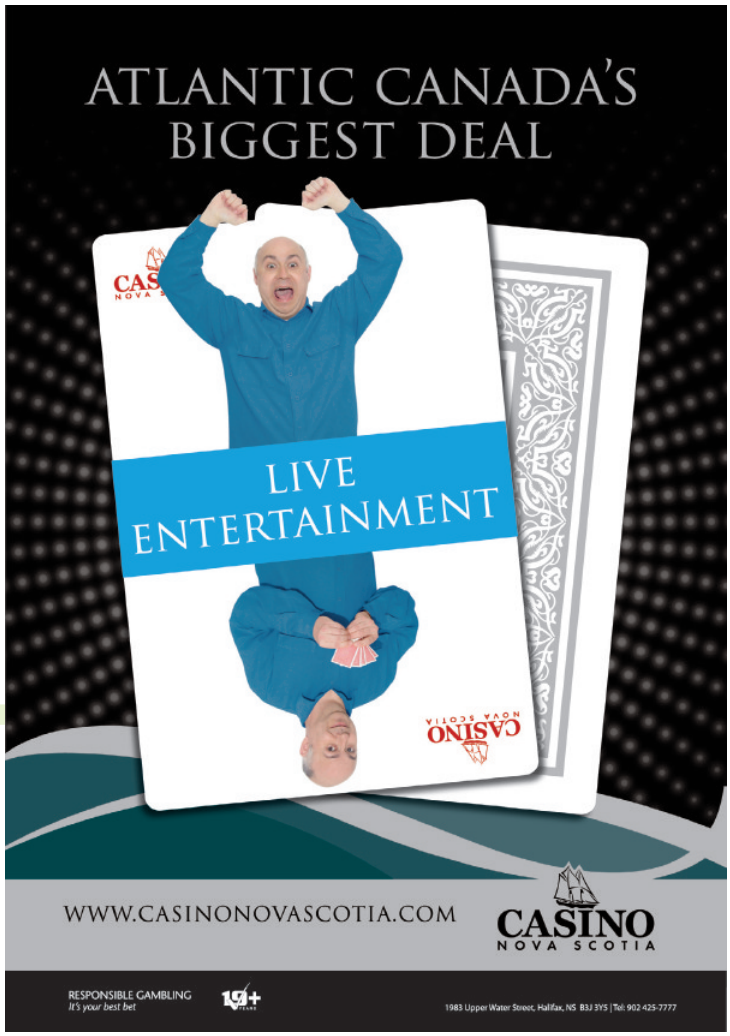
They were excellent together. They taught us a lesson about love.. We owe them a debt of gratitude.

Kate says...
First of all, I'm pretty sure Bret's view of Mary Poppins as "hot, hot, hot" is his alone, but we'll leave nanny fantasies for another column.

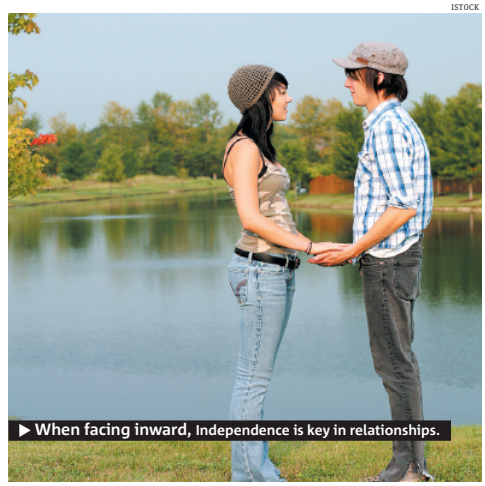
I think couples like to think of themselves as opposites. Many announce that they are as a way to say, "Sure we're joined at the hip, but we still have our own brains." These conversations are held for the benefit of others who find the couple's togetherness revolting.

Mostly they're about whether one partner likes Desperate Housewives. The notion of "opposites" is exaggerated just ever so slightly, as the holders of these conversations often wear matching Eddie Bauer khakis, finish each other's sentences and go on to rave about Spanglish, which, mysteriously, they both loved.

This is harmless, if irritating for the listener.



ISTOCK


▶ When facing inward, Independence is key in relationships.

It takes two, baby, to stay fit

It's no secret that expectant mothers need their partners to share responsibility and support them in more ways that one throughout pregnancy.

Although men don't experience the physical transformation that women do during pregnancy, men should take the opportunity to get more engaged with the mother of their child.

Make similar sacrifices to the women, such as cutting out alcohol, and take up a healthier diet and fitness habits. If, for nine months, men too must eat Kale and grilled chicken and stay clear of chips and chocolate, it will make it a lot easier for women to cope with these restrictions.

Once baby arrives, allow mommy exercise time and use these moments to bond with your baby.

METRO WORLD NEWS

ISTOCK


▶ Stay fit as a family

Take your date:

Here, two affordable options for romantic getaways.

1. A weekend retreat. Pick a destination that's serviced by a low-cost airline or good value when.
2. Holiday at home. Take a mini-break in your hometown. Many hotels offer discounted room rates, especially on Sundays, their quietest day.

Take romance on the road this summer

If you're in a relationship you feel obliged to dream up the most original, imaginative (and usually costly) date.

If you're still looking for love, then it's time to book yourself a holiday where you can meet like-minded people.

Going solo doesn't have to involve a week of wet t-shirt competitions and speed-dating in Magaluf or Cancun.

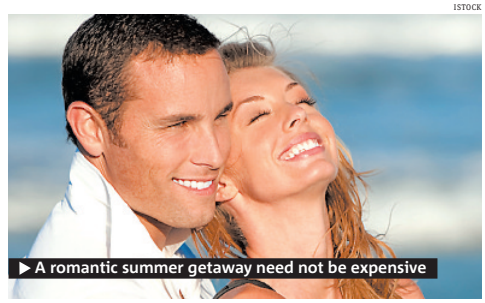
For starters, take your best friend on a clubbing weekend and meet cool locals in the bars and clubs of other cities — Vancouver, Montreal, Toronto, or even Halifax.

You might not find enduring love, but you'll definitely get your mojo back.

Alternatively, pick a specialist activity holiday and you can brush up on your favourite subject as you meet people with the same interests as you: photography, yoga, wine-tasting or surfing.

METRO WORLD NEWS

ISTOCK


▶ A romantic summer getaway need not be expensive

Beware of Buy & Sell

Depending on your situation, it may not be the best investment approach If you're young, you don't necessarily need to take risks — just have patience

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Investment rules, , and common knowledge can be completely wrong when inappropriately applied to your individual situation. Here, two common ones:.

1 Buy and Hold is the best approach for most investors.

B & H is one of the most basic axioms of the investment industry. On one hand, it does steer you away from what you don't want to do — jump in and out of investments with every stock market hiccup.

By the numbers

How to make $526,000.

- Over time, low risk bonds easily return 6 % annually on average.
- A 20-year-old who invests $100 until age 30 and increases it by $100 with each new decade will have over half a million big ones by age 65.

However, it does encourage hanging onto a raft of dogs, which the mutual fund industry loves because you're paying management fees. Also, the B & H mantra keeps most investors from questioning their purchases.

The problem is if a stock or mutual fund is a dog, it will keep barking no matter how long you hold it.

Here's a better rule. Buy, Hold and Monitor. Evaluate your holdings annually. If you notice long-term yipping and howling, show that pooch the door.

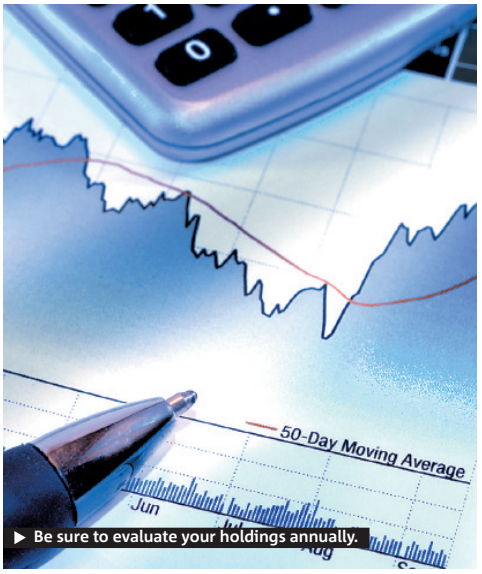
2 If you're young, you can afford to take risks.

This is a commonly heard refrain and it's usually the precursor to a mutual fund salesperson loading up a young adult with higher risk (and higher fee) investments.

But if you start saving early, you can be conservative and still reach your goals thanks to the miracle of compounding where every dollar you earn on your investments goes back into the pot to help your moneygrow.

Here's a better rule: If you're young, you don't need to take risks.

ISTOCK



▶ Be sure to evaluate your holdings annually.

Alison Griffiths' show Maxed Out appears Wednesday at 10:30 p.m. You can find out more at: alisongriffiths.ca

Interest rates/ Savings accounts

BANK	RATE
BMO	1.100%
CIBC	0.70%
HSBC	0.80%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.85%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Credit card grace period

As of September 1, 2010, the grace period for new purchases made on credit cards will be at least 21 days. This means that during the grace period, you cannot be charged interest on your new purchases, even if you did not settle your account balance in full the previous month.

To find out more about federal credit card regulations, visit the Financial Consumer Agency of Canada's (FCAC) website at fcac.gc.ca.

NEWS CANADA

KEEPING TRACK OF YOUR MONEY

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



If you're a busy person, or if you're using more than one financial product, keeping track of your money can be challenging. But, it's important to keep track of your money so you can identify where it's going and if you're achieving your net-worth goals.

Experts recommend spending 10 minutes a week monitoring your finances. One of the best ways to track your monetary progress is through a net worth spreadsheet. Start by marking the date at the top of your spreadsheet.

Then, identify all your assets — things you own. Write down the name of the institution where your accounts are held, followed by the type of account, then how much money is in the account.

To get a handle on how many accounts you have, view your accounts online.

Once you've listed your assets, total them up.

Do the same with your liabilities. Identify where your account is held, the type of liability it is and how much you owe.

Once you've listed assets and liabilities, subtract your liabilities from your assets and voila — that's your bottom line.

Ultimately, you'll want to grow your net worth through asset growth and debt reduction.

One of the best ways to do this is by tracking where you are now and setting realistic net worth goals for the future.

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5 Eminem Ft Rihanna – Love The Way You Lie
4 B.o.B Ft Hayley Williams and Eminem - Airplanes
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2 Katy Perry Ft Snoop – California Gurls
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4 sports

Just one win away from Cup finals

Netherlands coach Bert van Marwijk is not planning on changing his tactics for the World Cup semifinal against Uruguay despite criticism about the lack of Dutch flair that has dogged his team throughout the tournament.

"We are continuing down the road we have chosen," Van Marwijk said yesterday. "I will not let anyone distract me from that."

Uruguay coach Oscar Tabarez, meanwhile, is drawing inspiration to beat the favoured Dutch from the 1950 "Miracle of Maracana," when his tiny country beat Brazil at Maracana stadium to earn its second World Cup title.

"The history of the World Cup is full of results that nobody could have expected, and they continue to happen," Tabarez said. "Why shouldn't we be able to win Tuesday?"

Uruguay, ranked No. 16 in the world, is a two-time World Cup winner, while the fourth-ranked Netherlands is still trying to shake off the tag of two-time loser after talent-packed Dutch teams lost to hosts Germany and Argentina in 1974 and 1978.

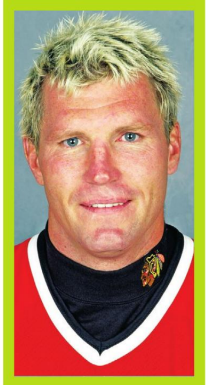
"We have to beat Uruguay," Wesley Sneijder told the official Dutch supporters website. "We're just thinking of one thing: We want to win the World Cup." THE ASSOCIATED PRESS

JULIE JACOBSON/THE ASSOCIATED PRESS



▶ The Netherlands' Wesley Sneijder at training yesterday.

Quoted



"Off the ice, he was a guy everybody got along great with. He always brought everybody together. He was one of the good guys."
WENDEL CLARK ON BOB PROBERT

"My favourite memory of Bob would be sitting down before a game, going over the opposing lineup and picking and choosing who would go first and if the goalie would be safe or not. It was great to be able to go out on the ice knowing that he had my back and I had his."
FORMER TEAMMATE JOE KOCUR

Scan code for sports news

Death: 'Bob lost the fight of his life'

Former NHL tough guy Probert dead at age 45

The hockey world has lost its top heavyweight.

Bob Probert, who fought nearly as many personal demons as he did NHL tough guys during a 16-year career, died yesterday.

He was 45.

Probert was the most feared fighter of his generation, dropping the gloves more than 200 times while playing for the Detroit Red Wings and Chicago Blackhawks.

"I've seen them all and I haven't seen anybody tougher than him," TV commentator Don Cherry told The Canadian Press.

"He was the best."

Probert died after collapsing while enjoying an afternoon of boating with his family on Lake St. Clair near Windsor, Ont. His father-in-law Dan Parkinson, a police officer who was on the boat, attempted to revive Probert using CPR.

Stats

- Over 16 NHL seasons with the Red Wings and Blackhawks, Bob Probert recorded 384 points (163 goals, 221 assists) in 935 regular-season games.
- His career total of 3,300 penalty minutes is fifth on the NHL's all-time list.

"This is a tragedy for the family," said Parkinson. "We ask that you respect their privacy at this time. This was totally unexpected. Bob lost the fight of his life this afternoon."

During his days on the ice, Probert never shied away from a fight.

He was part of many memorable battles, often exchanging punches with an opponent until his elbow and shoulder pads had fallen to the ice. THE CANADIAN PRESS

JONATHAN DANIEL/GETTY IMAGES



▶ In this 2002 photo, Bob Probert, left, of the Chicago Blackhawks exchanges blows with Peter Worrell of the Florida Panthers.

Doc goes the distance ... again

Roy Halladay pitched his major league-best seventh complete game this season, Greg Dobbs hit a two-run homer and the Philadelphia Phillies beat the Atlanta Braves 3-1 last night.

Halladay (10-7) allowed five hits and struck out seven to record his second straight complete game. The all-star right-hander outduelled Derek Lowe (9-7) and needed just 93 pitches to finish. Chipper Jones homered for the NL East-leading Braves.

12 The Phillies have scored a total of 12 runs in Halladay's seven losses. He could easily have 14 or 15 wins if Philadelphia's offence was better.

The Phillies need to win this three-game series to avoid losing more ground in the East. THE ASSOCIATED PRESS

H. RUMPH JR/THE ASSOCIATED PRESS



Sports in brief

No World Cup for Canucks

SOCCER. Canadian soccer fans hoping to watch the World Cup on home turf are going to have to wait — for at least another two-and-a-half decades. Canadian Soccer Association general secretary Peter Montopoli says it's unlikely the men's World Cup could reach Canada before 2034.

Nigerian president drops threat

SUSPENSION. Nigerian President Goodluck Jonathan dropped a threat yesterday to suspend the national soccer team because of its poor World Cup showing and corruption allegations. METRO NEWS SERVICES

Ex-Rainman to play for IBL title

RYAN TAPLIN/METRO FILE



▶ DeAndre Thomas

MATTHEW WUEST
@METRONEWS.CA

DeAndre Thomas is on the verge of winning an International Basketball League title.

The six-foot-eight centre, who left the Rainmen in late March to join the Albany (N.Y.) Legends, will go up against the Bellingham Slam on his home court in the IBL's one-game championship Friday.

Thomas didn't get much floor time in Halifax, but is one of Albany's key players, along with former NBA point guard Kenny Satterfield. He is averaging 16.4 points and 8.8 rebounds per game. The club went 18-3 to finish first.

The Rainmen supported Thomas' move to the IBL. Owner Andre Levingston has said he would like to bring Thomas back to Halifax in 2011.

CFL FOOTBALL

Local lineman moves in

Halifax's Steve Morley has a new spot on the Winnipeg Blue Bombers' offensive line.

The six-foot-seven, 290-pound pro football veteran was repositioned to the inside from left tackle and helped the Blue Bombers accumulate 211 rushing yards in a 49-29 win over the Hamilton Tiger Cats on the weekend.

The unit also allowed four sacks.

"There's a lot of things we gotta improve on, but it's a good start," Blue Bombers head coach Paul LaPolice told the Winnipeg Sun.

Morley, 28, is a former Saint Mary's Huskies star who turned pro after going first overall to the Calgary Stampeders in the 2003 CFL draft.

He played parts of three seasons in the NFL and is with his fourth CFL club.

METRO HALIFAX

CIS gives basketball tournament to Carleton

It was little more than a formality, but Canadian Interuniversity Sport gave Carleton University in Ottawa the final stamp of approval yesterday to host the Final 8 national men's basketball championships in 2013 and 2014. Carleton was the lone bidder for the annual event, which will be held in Halifax in 2011 and 2012.

METRO HALIFAX

Oilers sign Taylor Hall to deal

JEFF GROSS/GETTY IMAGES



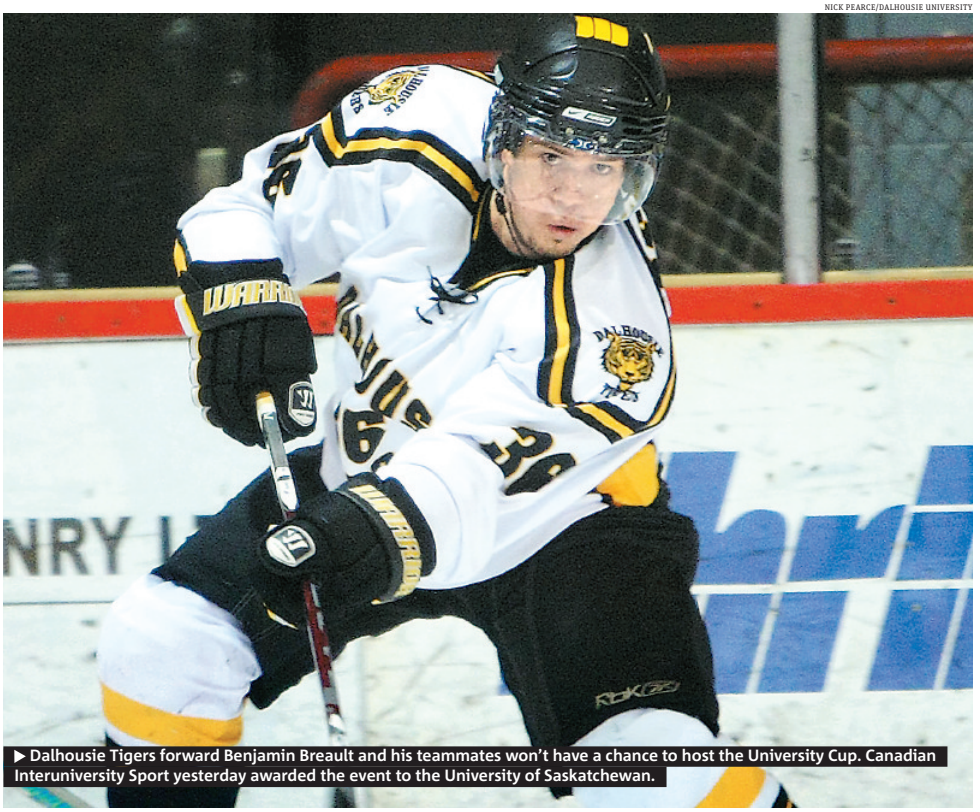
▶ Taylor Hall

Taylor Hall hasn't played a shift for the Edmonton Oilers, but he already accounts for two footnotes in the franchise record books after signing the most lucrative rookie contract in team history yesterday.

Hall, who made history last month when he became Edmonton's first-ever No. 1 pick in the NHL draft, signed a three-year contract that includes the maximum allowable rookie salary of $900,000 US a season and bonuses that could push the value to $3.75 million annually.

THE CANADIAN PRESS

NICK PEARCE/DALHOUSIE UNIVERSITY



▶ Dalhousie Tigers forward Benjamin Breault and his teammates won't have a chance to host the University Cup. Canadian Interuniversity Sport yesterday awarded the event to the University of Saskatchewan.

Dal's hosting bid falls short

▶ University of Saskatchewan to host hockey tournament in 2013 and 2014 ▶ Dal coach not surprised

MATTHEW WUEST
@METRONEWS.CA

The Dalhousie Tigers came up short again in their bid to host the University Cup national men's hockey championship.

But Tigers head coach Pete Belliveau wasn't disappointed yesterday, saying Canadian Interuniversity Sport's decision to award the 2013 and 2014 events to the University of Saskatchewan came as no surprise to him.

"I knew it was going to be tough and I was ready for this result so I wasn't surprised," said Belliveau. "It was the West's turn. We just wanted to throw our hat in the ring."

The Tigers were also rebuked in their attempt to host the 2011 and 2012 events, which went to the University of New Brunswick.

The event hasn't been hosted by a Canada West team since the University of Alberta held it in Edmonton in 2005 and 2006.

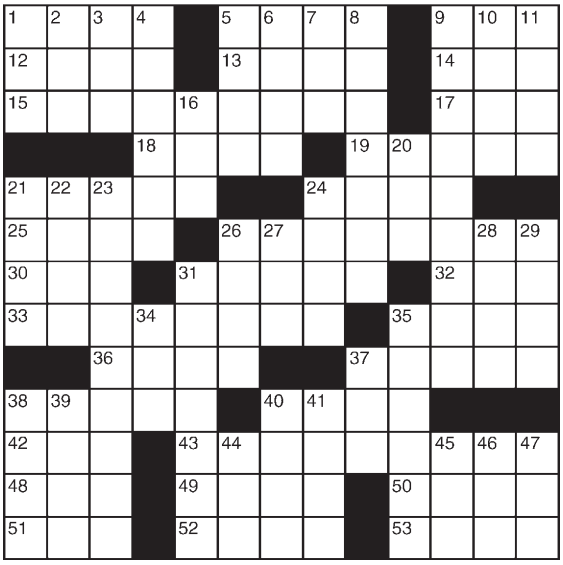
CIS chief executive officer Marg McGregor said geography was one of several reasons that tipped the scales in favour of Saskatchewan. She also listed "fan enhancements" as another reason Saskatchewan had a "slight edge" over five other bids.

Belliveau, who took over Dalhousie's struggling program two seasons ago, is trying to get the Tigers back to the Atlantic University Sport playoffs for the first time since 2004.

He has already had a big summer of recruiting with eight newcomers announced and said two more high-impact players could be on the way this week.



Crossword



Across
1 Men-only
5 Secular
9 Feline
12 Wrong
13 Enjoying greatly
14 Raw rock
15 Sidekick
17 Wire measure
18 Perches
19 Calyx leaf
21 Happen
24 Island dance
25 To — it may concern
26 Collective abilities needed for a task
30 — de plume
31 Michigan city
32 Hot tub
33 Replace
35 Pay attention
36 Now, on a memo
37 Gives over
38 Column style
40 Wan
42 Japanese sash
43 Buddies
48 Swindle
49 Notion
50 Land measure
51 Small barrel
52 Fender bender
53 Knitter's need

Down
1 Pouch
2 Pair
3 Sleeve contents
4 Drywall material
5 Fuzz on clothes
6 Blackbirds
7 Judge Lance
8 Seek advice from
9 Encircled
10 Met melody
11 Spill the beans
16 Football filler
20 Right angle
21 Possesses
22 — En-lai
23 Showing similarities
24 Clue
26 Openhand hit
27 Family
28 Duel tool
29 Young ones
31 Limp
34 Omega preceder
35 Time of prosperity
37 Half a dance?
38 Lakeside structure
39 Reed instrument
40 "So be it"
41 Lovers' quarrel
44 Praise in verse
45 Nipper's co.
46 Mess up
47 100th of a yen

▶ Yesterday's answer



Sudoku

9	4			3	2	8		
	1		9			6		4
8	6							
			1					7
			8		9			
5					3			
							4	5
2		4			1		7	
		6	2	9			8	3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	2	3	6	9	5	7	8
3	7	9	5	1	8	6	2	4
6	5	8	2	7	4	3	9	1
7	9	3	8	5	6	4	1	2
8	2	4	1	3	7	9	6	5
1	6	5	9	4	2	7	8	3
5	8	7	4	9	1	2	3	6
2	3	6	7	8	5	1	4	9
9	4	1	6	2	3	8	5	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Wog, will u marry me?
REENER BIEBER

Yes, i will marry you!!! I love you!!!
MCH

To my friends, family and my pumpkin spice latte Ricky, I just want to say how much I love you all and thank you for always being there for me.
BELLA XO

My darling Vee, our world may be that of Capulets and Montagues, but I will love you evermore.
LOVE KEY

I love you so much Pooh Bear that I think I just might pass out
SNUGGIE BUGGIE WUGGIE

Sophie L, you are a very special, beautiful, talented girl. I feel so lucky to have you as my daughter. I love you so much. **MOM**

The Weather Network
©The Weather Network 2010

Today	Wednesday	Thursday
Partly sunny	Variable	Variable
23° / 17°	26° / 17°	26° / 18°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 There is no point getting angry with people who let you down. Cosmic activity in one of the more emotional areas of your chart means that loved ones will take what you say seriously.

♉ Taurus April 23-May 21 Others may say you are avoiding your problems, and maybe you are, but this is one of those days when avoiding your problems may turn out to be the best way of dealing with them.

♊ Gemini May 22-June 21 You will be either far too generous or far too selfish today — there seems to be no middle ground with you at the moment. If someone asks for a handout you would be wise to plead poverty.

♋ Cancer June 22-July 22 You may be eager to prove to the world that you have what it takes but if you do too much too soon there is a danger you will grind to a halt later when your energy and motivation begin to wane.

♌ Leo July 23-Aug.23 Focus on one goal at a time and don't allow yourself to think about anything else until you have reached it.

♍ Virgo Aug. 24- Sept. 22 Friends and family are even more demanding than usual, which makes it even more necessary than usual to keep some special time for yourself. You don't have to be on duty every minute of every hour of every day.

♎ Libra Sept. 23-Oct. 23 Your No. 1 aim now is to make sure that the balance between your home life and your working life is stable and enjoyable. If there are things you want to do that you don't have time for then adjustments are clearly needed.

♏ Scorpio Oct. 24-Nov. 22 Pluto in the communications area of your chart seems to be bringing an annoying amount of criticism your way.

♐ Sagittarius Nov. 23-Dec. 21 Whatever else you do over the next 24 hours, don't panic. Others may be preaching doom and gloom and the end of the world but their sort have been around since the dawn of time — and we're still here. Worry is for losers.

♑ Capricorn Dec. 22-Jan. 20 A friend or family member will offer to take some of your workload off your hands today, which is nice of them, but can you be sure they will do a good job?

♒ Aquarius Jan. 21-Feb. 18 Follow your instincts today, even if it puts you at odds with everyone else. You have never been the sort to worry about what the world thinks of you and there is no good reason why you should start now.

♓ Pisces Feb. 19-March 20 There is no point complaining that some individuals don't know how to behave. The more of a noise you make, the more likely it is they will annoy you.
SALLY BROMPTON

Caption contest

KEVIN HARE/THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RICK SCUTERI/THE ASSOCIATED PRESS



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Sept. 15 • 1 wk.
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Junior suite
Sept. 15 • 1 wk.
$569
+Taxes & other fees (including service charges): $302

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 26 – Sept. 23 • 1 wk.
$649
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 26 – Sept. 23 • 1 wk.
PRIVILEGES
$749
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto

The Sands at Grace Bay • 4★
Studio courtyard
Sept. 4 & 11 • 1 wk.
$1049
+Taxes & other fees (including service charges): $260

CUBA
Santa Clara via Toronto

Meliá Las Dunas • 4★
All-Inclusive
Standard rm.
Aug. 28 – Sept. 25 • 1 wk.
$549
+Taxes & other fees (including service charges): $242

Varadero via Toronto

Meliá Varadero • 4★
All-Inclusive
Standard rm.
Aug. 28 – Sept. 26 • 1 wk.
$629
+Taxes & other fees (including service charges): $242

BAHAMAS
Great Exuma via Toronto

Augusta Bay • 3 1/2★
Continental breakfast
Oceanview queen rm.
Aug. 29 – Sept. 26 • 1 wk.
$799
+Taxes & other fees (including service charges): $211

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa ocean view
Aug. 29 – Sept. 26 • 1 wk.
$1199
+Taxes & other fees (including service charges): $211

DOMINICAN REPUBLIC
Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.
$629
+Taxes & other fees (including service charges): $320

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$789
+Taxes & other fees (including service charges): $320

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.
$1249
+Taxes & other fees (including service charges): $229

USA

ORLANDO via Toronto or Montreal

Clarion Resort & Waterpark • 3★
Double guest rm.
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